

## I CLAIM:

1. An ayurvedic nutritinal preparation for use as a prophylactic for cardiac ailments and for increasing cardiac muscle tonicity comprising essentially of
  - a. a nut oil extract , with minimal or no toxins and irritants, obtained from cleaned , dried and processed nuts from plants of the genus anacardiaceae;
  - b. an extract of Allium Sativum Linn - Zingiber Officinale Rosc Linn
2. A medicinal preparation as described in claim 1 where in the nuts are either of the species Semecarpous Anacardium Linn or Anacardium Occidenatale Linn.
3. A medicinal preparation as described in claim 2, where in the nut extract is prepared in clarified butter.
4. A medicinal preparation as described in claim 3, where the nut oil extract in clarified butter is obtained by using 5 proportion by weight of clarified butter for every 2 proportion by weight of nuts.
5. A medicinal preparation as described in claim 4, where in the extract of Allium Sativum Linn and Zingiber Officinale Rosc is prepared by cooking Allium Sativum Linn and Zingiber Officinale Rosc in moisture free vegetable oil
6. A medicinal preparation as described in claim 5, where in the Zingiber Officinale Rosc and Allium Sativum Linn are used in a proportion of 1:2 by weight in vegetable oil of 3 proportions by weight, and mixed with filtered nut oil extract obtained from 2 proportions by weight of nuts.
7. A medicinal preparation as described in claim 6 which is in soft gelatin capsule form.
8. A medicinal preparation as described in claim 2 , prepared by a process comprising of steps including:

- a. Partial or complete removal of toxins and irritants from cleaned and dried nuts from plants of the genus, anacardiaceae, by repeated cooking and drying of the nuts in milk to obtain pure detoxified nuts;
- 5 b. Boiling the detoxified nuts in a medium of clarified butter preferably from cow's milk and maintaining the medium at a temperature of 50° to 80°, for an extended period of time until the medium is absolutely moisture free to obtain a nut oil extract from the nuts;
- 10 c. Cooking *Allium Sativum* Linn and *Zingiber Officinale* Rosc in moisture free vegetable oil to obtain an *Allium Sativum* Linn and *Zingiber Officinale* Rosc extract ;
- 15 d. Separately filtering the nut oil extract and *Allium Sativum* Linn- *Zingiber Officinale* Rosc extract and mixing the two.
9. A process as described in claim 8, where in the vegetable oil used is purified oil from *Ricinus Communis* Linn .
- 20 10. A process as described in claim 9, where in the nut oil extract in clarified butter is obtained by using 5 proportion by weight of clarified butter for every 2 proportion by weight of nuts.
- 25 11. A process as described in claim 10, where in the *Zingiber Officinale* Rosc and *Allium Sativum* Linn are used in a proportion of 1:2 by weight in vegetable oil of 3 proportions by weight, and mixed with filtered nut oil extract obtained from 2 proportions by weight of nuts.